

United States Gymnastics Federation's

Gymnastics News

March • April • 1979
Vol. VIII, No. 2



Rhonda Schwandt



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Gymnastics News

March • April • 1979 • Vol. VIII, No. 2

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United States Gymnastics Federation

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Editorial

Frank L. Bare
Executive Director

1979 is really moving along quickly. Before we know it we will be focusing our attention as well as the attention of the whole world on Fort Worth, Texas and the WORLD CHAMPIONSHIPS. This is really the biggest gymnastic event in the world. Some 30 to 40 nations will be in the USA working towards winning an individual or a team title and becoming a true "World Champion". For the first time in our history we have two defending Champions. It will be another first, when they defend those titles on their home ground. This is the Twentieth World Championships. Until this year they were conducted only ever four years, but starting in 1979 they will be held every two years, and in that year that falls before the Olympic Year they will serve a dual purpose of qualifying teams and individuals into the next Olympic Games. Only the top twelve teams from Fort Worth will be qualified into Moscow in 1980.

Not only will Fort Worth be the biggest gymnastics event in the world. It will represent great challenge to your USGF Staff, and all the helpers they are going to call upon to manage the event. The Podium will come from Montreal. The timing system (electronic scoring) will either come from Japan or Switzerland. The simultaneous translation equipment from New York. The Computers and Copiers from here in the USA. Press facilities for some 600 press representatives from around the world . . . including multi-language typewriters, clock/equipment, switch boards and operators, and translators, and press stations, and an on and so it goes. Equipment for seven complete sets for men and women at one time . . . all in one building. Transportation for 700 members of delegations and housing, and currency exchanges and meals. Not to mention . . . 17 different sessions of competition, that run from 8 a.m. until 10 p.m. in the first four days. It is a sizable event.

We remain hopeful that the Pan-American Games will be held without compulsorys, allowing us to send full teams for men and women. Latest developments indicate that most nations support not having compulsorys. It appears that now only the Cubans have to agree and the PAN AMERICAN GAMES can go on without compulsorys for that event alone. The near future will tell. If the Cuban Federation is interested in gymnastics first, their choice will be easy to make.

It's National Championships time. May 17-18-19th in Dayton, Ohio. Qualification time for the 1979 WORLD CHAMPIONSHIP trials set for later this year. NBC-TV will be there. The nation's best gymnasts will be there. If you can make it plan on attending the 1979 Championships of the USA, for men and women.



The 1979 Dial-American Cup

Frank L. Bare, Executive Director

(SUNDAY)

2:17

TIME OF DAY



WELCOME TO THE:

DIAL-AMERICAN CUP

It was the biggest and best ever. Fifteen nations, and nearly forty gymnasts from all parts of the World. The Fourth Annual, DIAL-AMERICAN CUP. A fitting place for the event, Madison Square Garden. All told more than 20,000 spectators witnessed the two-day event and of course, millions more watched it on ABC-TV's Wide World of Sports on the final Sunday session.

The results are included at the end of this report. Kurt Thomas was great and youthful. Phil Cahoy, of Omaha performed as we hoped he would...steadily and with signs of excellence showing throughout his performance. Kurt virtually dominated the competition for both days, winning every individual event but one on his way to the coveted All-Around title.

On the women's side, Kathy Johnson was joined by young, aggressive and eager-to-compete Tracy Talavera. Kathy had a few biceps, but looked great elsewhere and began to drop behind in the all-around chase, but a young lady from Eugene, Oregon stepped in and quickly became the crowd favorite and justifiably so. Tracy gathered up the Bronze Medal on Sunday and let the USA and other nations know she came to compete and would be around for a while.

Thus it perhaps much too USA oriented for the score of the event. There is little doubt that Kurt was not only the favorite but the clear-cut winner in the men's competition. The women's events, however, were a different story. The two youngsters from the German Democratic Republic (DDR) were outstanding. Young and talented Masi Gnauck is to be reckoned with in the world of women's gymnastics. She performs a triple-twisting somersault on the Floor better than any man or woman we had ever witnessed...she twists three times on the upward part of her somersault and drops it out with eyes on the floor. Her double back is equally impressive and she's an all-around threat for Fort Worth this December and Moscow in 1980.

Stella Zacharova, of the U.S.S.R., is carved from the same mold as the recently arrived Turacheva. Slightly stockier in build than many current stars she is none the less possessive of good lines and absolutely great skills. We saw her first on the USSR tour of January of this year, where she captivated audiences in a number of American cities. She came back in March to win the Dial-American Cup handsly and demonstrated great steadiness, consistency and ability that has to be reckoned with for 1979-80. Many we spoke to consider her to be the best of the USSR's gymnasts. A full-on double back opens her floor, a double full is gracefully performed in the middle

of the routine and she ends with another double back...but how she does them is what is really remarkable. Her vault is fantastic. She is unquestionably a power in the sport, and potentially the winner in Ft. Worth and Moscow, a few months will tell.

Glenn Wilson of New Jersey was indoctrinated as Meet Director for the 1979 DIAL-AMERICAN CUP...he did a great job. It is no easy task, as everyone who attends the event soon learns, to conduct an event unhurriedly. Glenn managed it well, helped with all aspects of the event from floor management to scoring and production. He did it so well, he will no doubt be asked to do it again in 1980. My thanks and those of all who participated for his excellence in management.



Stella Zacharova

1979 Dial-American Cup

We were delighted to have the following nations participate with us in 1979 and at the closing banquet we invited each of them to come back in 1980. Naturally we strive to improve the event in future years. It has become a rather large event, which pleases us but we should consider having two sessions on Saturday, perhaps morning and afternoon, to ease the crowded conditions on the floor and make it more palatable to the spectators present. We will, of course, consider that and any new ideas that cross our desks here at your national office.

Participating countries in 1979:

Brazil Gymnastics Federation
British Gymnastics Federation
French Gymnastics Federation
Federation of the German Federal Republic
Mexican Gymnastics Federation
Federation of the German Democratic Republic
Soviet Gymnastics Federation
Tchecoslovakian Gymnastics Federation
Canadian Gymnastics Federation
Japanese Gymnastics Federation
Swiss Gymnastics Federation
Norwegian Gymnastics Federation
Dutch Gymnastics Federation

What a pleasure to have so many representatives of the FIG with us for the 1979 CUP. Mrs. Ellen Berger of the DDR brought great prestige to the event by being with us as President of the Women's Technical Committee of the FIG. She was joined by Carole Ann Leithen, Canada, and our own Jackie Pie from that Committee and they were pleased to have with them Mrs. Kirk Fontsalun of the Netherlands also from the FIG-WTC. On the men's side we enjoyed having Sandor Ursan of Hungary, a hard-working, dedicated member of the FIG-WTC. They, along with judges from Finland, Austria, Canada, and the DDR, the GDR, USSR, Mexico, Czechoslovakia, Japan, and almost every participating nation made the event most fairly and objectively judged. Hats off to the assistance of Brenna Arruda of Brazil for helping to judge and coach of her gymnast...she performed both tasks equally well.

From this hemisphere one observation must be offered. The gymnast from Mexico... was a number of steps above any gymnast from that nation we have ever seen before. We were so pleased and proud to see the level of his performance in a most demanding event among some of the best gymnasts in the world. The level of gymnastics in Mexico is rising rapidly. Congratulations to the Mexican Gymnastics Federation.

It is my pleasure to express our thanks to all who participated in the 1979 DIAL-AMERICAN CUP. It was much more than a gymnastics competition; it was an event of friendship and cooperation. When mistakes happened, and they did, all seemed to understand and continue in a spirit of friendly competition.

From New York the group headed for Atlanta (see article...Mixed-Pairs...a first for gymnastics) and from Atlanta to Disneyworld in Orlando. We hope the visiting delegations enjoyed their visit to the U.S.A. as much as we enjoyed having them. We look forward to 1980 and promise to work hard to make the event, somewhat larger, but a great deal better.

Color Photos of the
Dial-American Cup
on Pages 19, 20, 21



Kurt Thomas

Dial American Preliminary Scores Women

Name	Vault	UB	BB	Floor	Total
1. Elena Neymushina (USSR)	9.50	9.50	9.50	9.50	37.90
2. Stella Zakarova (USSR)	9.70	9.50	9.50	9.50	38.20
3. Kathy Johnson (USA)	9.50	9.15	9.50	9.50	37.60
4. Madi Gossack (GDR)	9.35	9.50	9.50	9.50	37.80
5. Tereza Teleova (CZE)	9.20	9.50	9.50	9.50	37.20
6. Shanti Haseo (CAN)	9.30	9.00	9.30	9.40	37.00
7. Erika Gabonyi (HUN)	9.20	9.15	9.35	9.25	36.95
8. Regina Gribodie (GDR)	9.35	9.50	9.50	9.20	36.55
9. Katerine Ujanetz (HUN)	9.25	9.35	9.50	9.20	36.70
10. Susan Chastekovich (GBR)	9.20	9.10	9.15	9.15	35.60
11. Anna Savinova (CISFR)	9.20	9.20	9.15	9.25	35.40
12. Redka Zernstova (CISFR)	9.15	9.15	9.15	9.25	35.30
13. Ery Gennysvici (FSU)	9.20	9.20	9.55	9.30	35.95
14. Bibi Vee (NETH)	9.15	9.30	9.45	9.45	35.35
15. Ann Hense (FRG)	9.10	9.35	9.20	9.30	35.25
16. Ayoko Shiro (JAP)	9.10	9.50	9.05	9.35	34.65
17. Christine Coutinho (BRAZ)	9.10	9.00	9.35	9.35	34.50
18. Yoko Kawa (JAP)	9.50	9.05	9.55	9.50	34.05

Dial-American Cup Preliminary Scores, Men

Name	Floor	PH	Ring	Vault	FB	HB	Total
1. K. Thomas (USA)	9.70	9.75	9.55	9.40	9.70	9.50	58.30
2. J. Shmizu (JAP)	9.45	9.40	9.40	9.55	9.40	9.55	58.30
3. B. Makuts (USSR)	9.35	9.20	9.40	9.50	9.50	9.55	58.50
4. H. Taguchi (JAP)	9.15	9.50	9.45	9.45	9.45	9.50	58.40
5. W. Long (CAN)	9.35	9.10	9.10	9.50	9.20	9.40	55.05
6. Z. Mayay (HUN)	9.15	9.75	9.05	9.55	9.40	9.55	55.80
7. P. Cahoy (USA)	9.05	9.50	9.10	9.30	9.10	9.55	55.80
8. H. Boario (FRG)	9.20	9.40	9.30	9.25	9.40	9.50	55.55
9. M. Nickolay (GDR)	9.40	9.55	9.15	9.35	9.35	9.70	55.50
10. Anilimos (USSR)	9.00	9.35	9.30	9.45	9.00	9.50	55.10
11. P. Celestia (CAN)	9.25	9.45	9.70	9.40	9.40	9.50	55.10
12. J. Migula (CISFR)	9.10	9.15	9.30	9.45	9.70	9.30	54.00
13. J. Giger (GPR)	9.00	9.55	9.50	9.30	9.55	9.15	54.40
14. W. May (JAP)	9.10	9.55	9.45	9.55	9.25	9.55	54.35
15. L. Peltzman (NOR)	9.70	9.25	9.35	9.20	9.50	9.50	53.70
16. P. Galla (SWI)	9.90	9.75	9.55	9.30	9.15	9.15	53.10
17. J. Doss (GDR)	9.25	9.45	9.30	9.40	9.60	9.75	52.40
18. J. L. Gino (Mexico)	9.45	9.45	9.75	9.75	9.45	9.55	50.80

Finals

Name	Vault	UB	BB	Floor	Total
1. STELLA ZAKAROVA (USSR)	9.75	9.50	9.40	9.75	38.35
2. MAKI GNAUCK (GDR)	9.50	9.50	9.50	9.50	38.10
3. BRADIE TALAVIERA (USA)	9.25	9.55	9.50	9.55	38.05
4. KATHY JOHNSON (USA)	9.50	9.30	9.00	9.55	37.25
5. SHERI HOWCO (CAN)	9.35	9.40	9.40	9.50	36.95
6. ELENA NEYMUSHINA (USSR)	9.10	9.00	9.10	9.70	36.90
7. ERIKA GRABONYI (HUN)	9.30	9.20	9.30	9.70	36.70
8. REGINA GRABODIE (GDR)	9.45	9.50	9.10	9.15	36.30

Finals

Name	Floor	PH	Ring	Vault	FB	HB	Total
1. K. Thomas (USA)	9.75	9.55	9.55	9.55	9.70	9.50	58.10
2. B. Makuts (USSR)	9.55	9.40	9.55	9.50	9.55	9.70	57.40
3. J. Shmizu (JAP)	9.55	9.30	9.50	9.50	9.40	9.55	57.30
4. H. Taguchi (JAP)	9.25	9.35	9.40	9.40	9.50	9.70	56.60
5. Z. Mayay (HUN)	9.30	9.75	9.25	9.15	9.45	9.45	56.35
6. P. Cahoy (USA)	9.25	9.50	9.50	9.40	9.40	9.15	56.20
7. W. Long (CAN)	9.45	9.20	9.35	9.50	9.15	9.35	56.05
8. H. Boario (FRG)	9.30	9.30	9.30	9.25	9.10	9.50	55.75

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MIXED-PAIRS

A first-ever for our Sport.

It was in Atlanta, Georgia in the beautiful Olympic Arena. CBS-TV was there for the "Sports Spectacular series... and they were all there to see 18 mixed-pairs take part in the world's FIRST MIXED-PAIRS GYMNASTICS CHAMPIONSHIPS.

All the gymnasts from the recently concluded American Cup traveled to Atlanta and we conducted a coaches-delegation leaders meeting. We explained the concept of an event that had never been done before. Mixed-Pairs, was just what it sounded like. Two gymnasts compete. The man first, in an event he selected, and then his partner in her pre-selected event. The scores came up together... and the score for the pair was the combined score of the two that were flashed. Groups of judges sat at either end of the floor in order to see whatever event the gymnasts had chosen without moving chairs. They sat together. It was fun. Trembly unaffiliated according to the Code of Points, and designed to be enjoyable for gymnasts and spectators. It turned out to be just that but a whole lot more. It was a great competition. We think it has a great future.

Rick Appleman, who has done so much for our promotional fortunes in years past thought of the idea. One would figure it wasn't a gymnast... we always think of standard events and the Code of Points. This idea sounded good so we tried it. CBS-TV, and their bookkeeper Elinore (Sports) also thought it sounded interesting. Our promotion agency 20th Century-Fox Sports liked it. Everything was positive so it was green and go.

We have 18 pairs. 15 of them were truly national pairs, that is both gymnasts were from the same nation. The other five mixed available men and women gymnasts depending upon which gymnasts represented nations alone. Thanks here to Francis Allen and his great young performer, Jim Hastings who flew in and competed virtually at a moment's notice when we found we had one young lady from Czechoslovakia without a partner for the competition. Thanks Francis, thanks Jimmy, thanks Nebraska University.

The competition went basically this way. Two preliminary rounds. During these first two rounds, each gymnast had to designate which two (different) events they intended to work. They did not that. The total score of the two events each for the male and female gymnast were announced after each round. Then we cut to the top 8 mixed-pairs teams. Then those pairs had to select one more routine... to perform... but this time they could be one of the same selected before. Then that score was added to the first two scores... but don't forget the pairs score... the male and female scores count together... then we narrowed it to three pairs. This time they had to select one more routine... and again it could be one they had previously performed. The competition was fierce... the scores were high and the gymnasts pressed on. Finally, with the fourth round of scores for the final points added with the previous three rounds... the Pair from the German Democratic Republic, was declared winner... by

85 points above the pair from the USSR... which pair was only 10 points ahead of the pair of Johnson and Thomas from the USA.

DDR 1st Maxi Gnauck and M. Nikolay
USSR Second Stella Zacharova and Bogdan Makus
USA Third Kathy Johnson and Kurt Thomas

Results follow for this most interesting event. We contemplate some changes already, but it has a future in the area of shows for gymnastics. A fun, sporting competition with real gymnast and spectator interest. Watch CBS-TV beginning April 21st... for the first of seven (7) weeks of this great event. Let us know what you think of it... everyone who participated loved it.



Winners in the first Mixed-Pairs Championships, Maxi Gnauck and Michael Nikolay of the German Democratic Republic

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DIAL-AMERICAN CUP MIXED PAIRS COMPETITION ATLANTA, GEORGIA March 13, 1979

1ST ROUND

Mr. J. Geiger, FDR	37.00	13th
Ms. K. Ujzsgab, Hungary		
Mr. J. Shimizu, Japan	37.30	8th
Ms. Y. Kawa, Japan		
Mr. J. Hartung, USA	37.40	7th
Ms. R. Zemanova, CSSR		
Mr. P. Gerle, Switzerland	37.15	11th
Ms. E. Gansvisser, Switzerland		
Mr. J. Davis, Great Britain	36.65	15th
Ms. S. Chasembrough, Great Britain		
Mr. J. Miglia, CSSR	37.25	9th
Ms. A. Seukova, CSSR		
Mr. H. Teguchi, Japan	36.80	14th
Ms. A. Sato, Japan		
Mr. Z. Magyar, Hungary	38.05	3rd
Ms. E. Gabonyus, Hungary		
Mr. H. Boero, France	37.20	10th
Ms. C. Coutinho, Brazil		
Mr. P. Cahoy, USA	37.60	5th
Ms. T. Taltava, USA		
Mr. L. Patterson, Norway	35.70	18th
Ms. R. Grabke, GDR		
Mr. J. Cano, Mexico	36.00	17th
Ms. B. Vos, Holland		
Mr. P. DeLassalle, Canada	37.45	6th
Ms. S. Hwco, Canada		
Mr. K. Thomas, USA	38.00	4th
Ms. K. Johnson, USA		
Mr. A. Asanov, USSR	36.40	16th
Ms. E. Namushina, USSR		
Mr. W. Moy, France	37.05	12th
Ms. A. Heno, France		
Mr. M. Nikolay, GDR	36.55	1st
Ms. M. Gnauck, GDR		
Mr. B. Meluts, USSR	38.40	2nd
Ms. S. Zakharova, USSR		

FINAL ACCUMULATED SCORES

Mr. M. Nikolay, GDR	77.45	1st
Ms. M. Gnauck, GDR		
Mr. B. Meluts, USSR	77.40	2nd
Ms. S. Zakharova, USSR		
Mr. K. Thomas, USA	76.65	3rd
Ms. K. Johnson, USA		

USGF CONGRESS '79

September 28, 29, & 30

St. Louis

The 1979 USGF CONGRESS is just around the corner. The 1979 CONGRESS is being held in the beautiful and spacious SHERATON-St. LOUIS HOTEL at Convention Plaza. The dates for the CONGRESS are September 28, 29, & 30. Rooms are now held for your reservations, and special Congress rates are in effect if you register early.

Plan ahead and mail your USGF REGISTRATION to the USGF National Office, and contact the Sheraton-St. Louis Hotel directly for your room reservations. Be sure to specify that you are registering for the 1979 USGF CONGRESS to take advantage of the CONGRESS RATES.

Registration fee of \$30.00 dollars should be sent to the USGF and as in years past this includes the annual banquet, and attendance at all meetings.

This years CONGRESS will feature reports on, World Championships 1979, Olympic Preparations 1980 and USGF Program Sessions.

The 1979 CONGRESS will also for the first time feature a more extensive exhibition display area for exhibitors of interest to the gymnastics community.

The 1979 USGF CONGRESS. Watch us grow and become the biggest and best CONGRESS Ever. Send your check made payable to the USGF CONGRESS, to the USGF P.O. Box 12713, Tucson, AZ 85732. Register now for this years CONGRESS.



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George D. Nissen

Grand Prix Paris, France March 3, 4 - 1979

Audrey Schweyer

Gymnasts Christa Canary, and Donna Turnbow, Coach Bill Sands, and I arrived in Charles DeGaulle Airport, Paris, France on Thursday, March 1st. After following a Disneyland maze of moving sidewalks and free hanging glass enclosed tunnels through the ultra-modern airport facility - we were met by a member of the Grand Prix organizing committee, who escorted us to a waiting van. After a 1 1/2 hour ride through endless traffic, we arrived at the Hotel Sofitel of Paris, - a truly elegant and beautiful hotel, which was to be our home for the next few days.

Following a four course dinner, where we entertained each other by taking odds on which was the correct knife to use for each serving - the girls returned to get caught up on sleep. Bill and I decided we just had to see the Eiffel Tower. Armed with a map of Paris and Bill's extensive knowledge of the French language (approximately six phrases including "Do you speak English") - we set out for a ride on the metro followed by a twenty minute walk in the rain to the Eiffel Tower.

Friday noon we joined the other delegations for another four course meal. We were happy to greet the Canadians at that time. We finally had someone to talk to, and were able to clear up many of our questions about schedule, etc. After a short bus ride to the competition site, the girls worked out for several hours on Friday afternoon. We were all pleasantly surprised to see American equipment on the floor, as well as duplicate equipment in a warm-up gym.

We met the French gentlemen responsible for the placement of AMP equipment on the floor, Mr. Daniel Drouot. He generously offered to take us on a quick car tour of Paris that evening. We were happy for the chance to see some of the famous sites of Paris, and right after work-out we were treated to an expertly guided tour followed by dinner on the "Levi Bank."

Christa and Donna were anxious to do some shopping, so Saturday morning found us walking through a large neighborhood shopping area that Bill had located on an earlier scouting trip. We all returned to the hotel in time for our noon meal. After rolling us off away from the table once again, Bill and I left to attend the meeting for all coaches and officials, while the girls went to their rooms to rest for the competition that evening.

It was a small but enthusiastic group of spectators that greeted the women gymnasts in the hall of competition. Following a welcome by Princess Grace (Kelly) of Monaco, Christa started the meet as the last vaulter.

As a member of the vaulting panel, it was an interesting beginning for me, as the scores for her 1st vault, a handspring from somersault with 1/2 twist came in at 8.8, 9.0, 9.5, and my 9.6. The lower scores were adjusted to range resulting in a 9.35 average much too low for the vault performed. Her second vault (same vault) averaged to a 9.4. Two vaults scored higher in this preliminary



Christa Canary

competition, with Filanova earning a 9.5 for a layout takahana, and Gajdosova receiving a 9.45 for a nice piked evakahana. It was both an exciting and confusing event to judge. Since the vaults were not called by name or number, I didn't know what vault I was going to see as the gymnast ran down the runway. Nor was I always certain as to what I had seen after the vault was performed, as in the case of piked layouts, or bent knee pikes.

We finished vaulting with both U.S. girls qualified for finals. Donna scored up her second vault, a handspring front somer for a 9.3, tied for 5th going into finals.

Since my assignments were on the vault and beam, I did not see the uneven bar competition. Christa finished the bar preliminaries with the second highest score of 9.5, and Donna, despite a bad break in swing, earned a 9.05 good enough to place 5th going into finals. Since Filanova had fallen on her bar set, Christa was now in 1st place AA after two events.

Christa came through once again on the balance beam performing quite smoothly and aggressively. The audience loved her front somer mount onto the beam, as well as a beautifully executed double back dismount. She was rewarded with a well-deserved 9.5 score. Filanova received a 9.05 score for a watered-down routine of flip-flops followed by a layout dismount. The polish and viciousity of her performance, however, is undeniable.

The last performer on floor exercise was Donna Turnbow, she performed quite confidently, and received a 9.35. Christa had some problems with landings and balance and finished with a 9.25, just missing qualifying for these finals but good enough to complete the competition in a first place tie for all-around with Filanova. Eberle of Romania was third all-around.

Grand Prix

It was a very happy group of Americans who left this competition on Saturday evening. Christa Canary had placed first in a tie with Filatova. Quite an achievement! This was the first time the USA had been invited to Grand Prix competition, which is held every two years, and we were very proud to have won a gold medal in all-around.

Finals competition was held Sunday afternoon at the same site. This day found the stands packed with an appreciative audience. It was to be another successful competition for the Americans, with Christa winning the gold medal for balance beam and the silver medal for vault. Donna performed very nicely on floor and won the bronze.

I think Bill Sands should also get a medal for his very competent coaching throughout the meet. He encouraged some "minor inconveniences" (as he called it) but remained calm and determined.

We left Paris on Monday afternoon, weary but the first sunshine we had seen since our arrival. It had been a short but productive and pleasant experience. My thanks to USGF for allowing me the opportunity to travel to Paris. A special thanks to Bill, Christa, and Donna for their cooperation that helped to make it a very pleasant time for us all.



Christa Canary and Donna Turnbow

FIG News Bulletin For Women's Gymnastics

1. Musical Accompaniment for World Championships

Choice of

Current Music: by Carol Stabilevski

Russian Music: by E. Vavrik

Japanese Music: by Yukio Takiura

Note: the entire team must use the same music.

For Optionals: Orchestral accompaniment on cassette will be permitted.

2. Judging of all exercises will be based on the current Code of Points, 1975 edition.

3. FIG Intercontinental Judges Course for Women scheduled for Oct. 15-21 in Moscow.



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1st Elite National Meet

Outstanding teams at the 1st Elite National Meet of 1979 at the Oakland Auditorium were the Parkettes of Pennsylvania, coached by Bill & Donna Strauss and the National Academy of Artistic Gymnastics of Oregon, coached by Dick & Linda Mulvihill.

Leslie Pyfer of NAAG led after compulsories and held the lead throughout optionals, winning the AA with 75.85. She also won an individual title in Vaulting, and was 4th in uneven parallel bars and floor exercise. Her teammate, Amy Machamer tied for 2nd AA with Leslie Russo of Grosfeld's. Heidi Andersen of the Parkettes placed 9th, along with teammates Sandy Wirth's 6th and Gopi Ambardeo's 8th. Justine Creek of Big Sky, Montana finished 5th AA.

Pyfer won vault (38.9) with a combination of a handspring 1-1/2 tucked front and the same vault with a 1/2 twist, both done with clean, rapid rotation. Jackie Casello, a former Jr. Elite, missed first place by 1 with her handspring 1-1/2 front and her layout Tsukahara. Kentucky's Lea Hissam threw an excellent, stretched layout Tsukahara with a very slight step on landing, and was judged at 9.1. During the AA competition, Diane Davis of Colorado Gymnastics Academy scored a 9.8 on an optional vault, followed by Pyfer, Lea Zeis of Niagara Gym Club, N.Y. and Heidi Effenbeck, Arden Artistic, Sacramento, CA., all with 9.55's.

Because of accelerated rule, 10 of the 33 competitors scored their lowest combined scores in the Uneven Bar competition, during the AA rounds. Pyfer's 9.55 compulsory and 9.60 optional dangled, but she was closely pursued by teammate Weinstein who scored 9.4 and 9.55. However, Weinstein won the Individual Uneven Bar title with a routine that included 2 consecutive stalders, reverse and forward stalders movements using both high and low bar, and an underswing front tuck with 1/2 turn dismount.

Uneven Bars provided the most originality of any event, with some almost defying description. Machamer's dislocate shoot to catch high bar, eagle grasp. Beth Johnson's popped-like-angle 1/2 bent so immediate front support on high bar, Andersen's front sole circle, regrip eagle grip, release front flip regrip in straddle position and her handstand full pike on the high bar, Russo's 2 front tucks with beautifully straight body, and on low bar 1/2 turn handstand.

The optionals were marred with many falls from the Beam, as were the finals. The audience was knowledgeable, and appreciated the high risk routines presented. With a 9.8 in the finals, Kim Lewis of the Arizona Sunrays moved from 3rd to 1st position, and received the largest applause of the meet for her routine that included an excellent mount, running front tuck, switch leap, back handspring-back layout, front and side aerials, back tuck combined with laniatic dance and lovely stretched body positions. Machamer followed Lewis and the crowd was again treated with an outstanding routine - a controlled mount of 3 full turns in handstand position, solid back tuck, super-light landings

on every mount, full twist dismount. Creek's high risk routine was accented by turning leaps, elegant dance and flip. Gopi Ambardeo showed 2 solid aerials, back handspring down to straddle, and back handspring to back tuck. Andersen's mount was a handstand down to elbow stand, and her tremendous leaps and back layout to straddle position brought gasps from the spectators. They also showed appreciation for the KIP's Sharon Shapiro's running front and back tuck, both with solid landings, along with Sandy Wirth's aerial to Valdez position and excellent running front. Perhaps showing the greatest risk of all was Pam Lee of Texas, who had excellent combinations, light landings, polished dance, and change of tempo.

At this point in the meet, Jim Gould, acting as MC, thanked all of the competitors for outstanding efforts on the Balance Beam.



Leslie Pyfer

Leslie Russo and Kim Lewis capped the evening's competition with outstanding F.X. performances and tied for 1st with 29.95's. Russo threw a clean double back with a good landing, a double turn, double full twist. An accomplished dancer, she completed every move. Lewis' choreography was outstanding. Along with her combination of back handspring, whip-back (or layout) back handspring double full twist, 2 double turns and beautiful movement, she has an unusual ending. Creek's gift to the amazed spectators was a combination of impressive tumbling, rare choreography and a joyful personality. Crowd involvement always happens during Shapiro's Powerful routine. Her music and dynamics command their attention, and she obliged with excellent leaps and alternate front plus double back and jump with a double turn. Pyfer also involves the audience with her music and rewards them with double back double twist and superb dance. Beginning with a double back

'JC Photos'

1st Elite National Meet (Con't)

mount, Linda Kardos of the Gym-Dandies performed a marvelous program with high leaps and choreography that fit her appearance, ability and feeling for the music. Janet Funderburk of West Va. attracted everyone's attention with an unusual facing-outward beginning, and then threw a double twist, done very well, an arabian front through to a front, both tucked, and a rad.

Even though early in the season, the RISK is there. New faces on the Elite scene show great potential. Rami Barrios, Pam Lee, Janet Funderburk, Heidi Ellenbeck, Jayne Weinman, Pam Rice, Amy Michamer, Lisa Zeis, Tory Wilson, Diane Dorcas and Lea Hersant. There was a notably large representation of states, especially in the finals, along with many as yet "unknown-nationally" coaches who are coming into prominence.

Jim Gault's Diablo Gym Club "Gym-dandies," who appeared to be between 6-9 years old, entertained the audience during judges conferences, and after the meet while scores were being tallied. Enjoyable to watch, they executed tumbling with excellent technique and also performed a synchronized routine. For their first ever Elite meet, Northern California provided a skilled and competent Meet Director in Jim Turpan of Alameda. The unusually large audience was the result of publicity efforts by Sophie Stadlerman, and Jim Gault made their attendance most enjoyable with his knowledgeable announcing and charming manner.

INDIVIDUAL PLACEMENTS

Vault		UPB	
1. Pyfer	18.900	1. Weinman	18.075
2. Casello	18.800	2. Russo	18.750
3. Barrios	18.725	3. Michamer	18.725
4. Shapiro	18.725	4. Rice	18.475
5. Wirth	18.700	5. Anderson	18.425
6. Hersant	18.575	6. Pyfer	18.375

Balance Beam		E.X.	
1. Lewis	19.250	1. Lewis	18.975
2. Michamer	19.200	1. Russo	18.975
3. Creek	18.725	3. Creek	18.550
4. Shapiro	18.575	4. Pyfer	18.875
5. Ambardos	18.275	5. Kardos	18.700
5. Anderson	18.275	6. Shapiro	18.550
		6. Michamer	18.550

ALL AROUND

1. Leslie Pyfer (NAAG)	79.85
2. Leslie Russo (Grossfeld's)	79.56
2. Amy Michamer (NAAG)	79.56
4. Heidi Anderson (Parfeme's)	79.55
5. Janette Creek (Big Sky)	79.50
6. Sandy Wirth (Parfeme's)	79.35
7. Karl Lewis (Sunways)	79.20

8. Pam Lee (Supermova)	79.15
8. Gigi Ambardos (Pinkettes)	79.15
10. Rami Barrios (Tacoma)	72.85
11. Jayne Weinman (NAAG)	72.80
11. Janet Funderburk (W. Va.)	72.35
13. Beth Johnson (Olympia Training Center)	72.30
14. Sharon Shapiro (KIPSO)	72.25
15. Julie Goewey (Arizona Twisters)	72.00
16. Lea Zeis (Nagaza Gym Club)	71.95
17. Linda Kardos (Gym-Dandies)	71.90
18. Tory Wilson	71.75
18. Diane Davis (Colorado Academy)	71.75
20. Polly Rogers	71.65
21. Susie Van Slyke	71.55
22. Pam Rice	71.05
25. Heidi Ellenbeck (Athena Aetna)	71.00
26. Jackie Casello (MG Gymnastics)	70.90
25. Jen Cameron	70.85
26. Lea Hersant (Kentucky)	70.55
27. Pam Turner (Grossfeld's)	70.35
28. Denise Granger (KIPSO)	69.55
28. Teresa Schneider (Gypsy Gymnasts)	69.55
30. Julie Juravick	69.75
31. Wendy Doney (KEGA)	68.45

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CHAMPIONS ALL, London, April 1979

Men

Popov USSR	AA	55.90	1st Place
Kormann USA	AA	55.70	2nd Place

Women

Comaneci ROM	AA	39.20	1st Place
Johnson USA	AA	37.70	4th Place

Complete report on Champions
All in the May-June issue.

Medallion Struck For Gymnastics Encompasses Texas and the World



Sig Harris, President of Corrigan's Jewelers

Fort Worth, Texas. — This year's World Gymnastics Championships medallion offers a little bit of Texas to each winner from around the world.

Corrigan's Jewelers has been selected as the official designer of the medal for the 20th World Gymnastics Championships in Fort Worth, Texas, December 3-9, 1979. And the design conceived for the medal blends Texas, gymnastics and the world into a concise medal three inches in diameter.

The medals, in gold, silver and bronze, will be composed of the same material and quality as the medals used for the Olympic games.

The gold and silver medals will consist of solid sterling silver. The gold medal will be gold overlaid with at least six grams of pure gold.

Small or special souvenir versions of the medals also will be struck, and will be distributed to the more than 500 participants, judges and officials at the Championships.

At the center of each medal is a star representing the Lone Star of Texas. It is surrounded by five silhouettes of gymnasts, representing the five major continents of the world. Latitude and longitude lines criss-cross the silhouettes and the star, and the entire design is encircled by an outline of the earth.

The five colors selected for the medal for use on posters and other artwork represent at least one color that is used in every national flag in the world, as in the five Olympic rings. The colors are red, yellow, green, blue and black.

The medals will be attached to ribbons that will be placed around each winner's neck.

*Sig Harris, President
Corrigan's Jewelers
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1979 NATIONAL SPORTS FESTIVAL..

Gymnastics Schedule

July 22 Athletes, Coaches & Parent - Arrival

July 26 Women Judges - Arrival

July 27 Men Judges - Arrival

Departure dates August 1, 1979

Training & Competition Schedule:

July 22	8:00 pm - 9:00 pm	Women's Training
-	9:30 pm - 10:00 pm	Men's Training
July 23	12:30 pm - 5:00 pm	women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 24	12:00 pm - 5:00 pm	Women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 25	12:30 pm - 5:00 pm	Women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 26	8:00 am - 12:00 Noon	Women's Training
-	12:30 pm - 3:00 pm	Men's Training

OPENING CEREMONIES

July 27	8:00 am - 11:00 am	Women's Training
-	12:45 - 2:45 pm	Offic. Train. Work. Time
-	3:00 pm - 6:00 pm	Women's AA Competition
-	7:00 pm - 10:00 pm	Men's Training
July 28	1:00 pm - 4:00 pm	Women's Training
-	5:15 pm - 8:45 pm	Men's Official Training
-	7:00 pm - 10:00 pm	Men's AA Competition
July 29	1:00 pm - 4:00 pm	Women's Training
-	7:00 pm - 10:00 pm	Men's Training
July 30	8:00 am - 12 Noon	Women's Training (if des.)
-	1:00 pm - 4:00 pm	Men's Training
-	5:00 pm - 8:45 pm	Women's Official Training
-	7:00 pm - 10:00 pm	Women's Finals
July 31	9:00 am - 12 noon	Men's Training (if desired)
-	1:00 pm - 4:00 pm	Women's Training
-	5:00 pm - 8:45 pm	Men's Official Training
-	7:00 pm - 10:00 pm	Men's Finals

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DIAL NATIONAL INVITATIONAL

Tucson, Arizona
February 15, 16, 17, 1979

The first Dial-National Invitational, Women's Gymnastics Meet was held in Tucson, Arizona on February 15, 16 and 17.

At stake were berths on U.S.G.F. International Teams, as 35 of the top female gymnasts in the country participated in the three day event.

Rhonda Schwandt, Donna Turnbow, Christa Canary and Heidi Anderson were among the top gymnasts in the event. Kathy Johnson and Maureen Fredericks missed the event, as they were recovering from illness and injury.

A twelve-year-old bundle of energy from Eugene, Oregon, Tracie Talavera was the surprise of the meet as she came from nowhere to finish sixth overall. Her performances won the crowd, and her scores on the Uneven Bars were second only to Rhonda Schwandt, who won three of the four events.

Miss Schwandt, scored an impressive 37.80 in Compulsory routines to lead all competitors into the optional competition. Rhonda's scores for the four events were 9.45 on Floor Exercise, 9.70 on Uneven Bars, 9.50 in Vaulting and a 9.15 in Balance Beam. Second after the compulsory events was 1977 USGF Gymnast of the Year, Donna Turnbow, with a score of 37.55. Leslie Pyler was third with a score of 37.43.

Rhonda scored a 9.85 on the Uneven Bars during the optional routines to help build more than a 1 point lead over second place finisher Donna Turnbow. Miss Schwandt had a two-day total of 70.25 followed by Miss Turnbow's score of 70.20. Christa Canary of Northbrook, Illinois moved into third place with a two day score of 74.95.

Tracie Talavera scored a 9.85 on the Uneven Bars to tie Rhonda Schwandt for first during the optional routines. Her performance moved her from 16th to 6th overall after the optionals.

The top eight qualifiers in each event moved into the finals on Saturday night. In the finals, Rhonda Schwandt won three of the four events, finishing third in the floor exercise, her only non-winning effort.

On the Balance Beam, Miss Schwandt's score of 9.75 placed all finalists, in Vaulting her 9.85 was by .35 the top routine. In the Uneven Bars, Rhonda was pressed by Tracie Talavera but she scored a 9.80 to win.

Heidi Anderson of Allentown, PA stole the show during the finals. Her floor exercise was spectacular and a firing performance as the last performer on the final evening of competition. Her crowd pleasing routine put the finishing touches on a very successful, inaugural Dial-National Invitational.

Dial National Invitational Individual Results

Vault

1. Rhonda Schwandt	29.15
2. Christa Canary	28.75
3. Sandy Wirth	28.65
4. Sharon Shapiro	28.05
5. Donna Turnbow	27.95
6. Tracie Talavera	27.625
7. Dianne Doves	27.50
8. Julia Goerwey	27.025

Bars

1. Rhonda Schwandt	29.35
2. Tracie Talavera	29.15
3. Heidi Anderson	28.70
4. Sandy Wirth	28.30
5. Donna Turnbow	28.25
6. Jane Weinstein	28.20
7. Linda Kardos	27.85
8. Christa Canary	27.55

Beam

1. Rhonda Schwandt	28.25
2. Christa Canary	27.80
3. Amy Machamer	27.45
4. Heidi Anderson	27.30
4. Beth Johnson	27.30
6. Jane Weinstein	27.20
7. Donna Turnbow	27.10
8. Sandy Wirth	26.85
9. Dianne Doves	26.75

Floor

1. Heidi Anderson	28.50
2. Leslie Pyler	28.40
3. Rhonda Schwandt	28.35
4. Jeannine Creek	28.30
4. Donna Turnbow	28.30
6. Christa Canary	28.10
7. Linda Kardos	28.00
7. Jackie Casalejo	28.00
7. Gigi Ambandos	28.00

Dial-National Invitational Overall Results
follow on page 18.

Dial National Invitational Overall Results

Name	Vault	G.B.	Beam	Floor	Total
1. R. Schwindt	C 8.55	8.75	8.15	8.48	37.80
-	O 8.60	8.65	8.45	8.35	75.25
2. D. Turnbull	C 8.35	8.55	8.35	8.20	37.55
-	O 8.40	8.60	8.10	8.55	75.20
3. C. Casary	C 8.50	8.65	8.05	8.00	37.20
-	O 8.75	8.10	8.35	8.55	74.95
4. H. Anderson	C 8.40	8.35	8.00	8.20	36.95
-	O 8.30	8.70	8.10	8.65	74.80
5. S. Wirth	C 8.50	8.35	8.35	8.20	37.30
-	O 8.55	8.50	8.50	8.10	74.48
6. T. Televeis	C 8.25	8.70	8.40	8.65	36.20
-	O 8.40	8.65	8.00	8.15	73.60
7. L. Pyler	C 8.65	8.75	8.25	8.40	37.48
-	O 8.50	8.50	8.55	8.50	73.60
8. J. Wernsten	C 8.30	8.55	8.15	8.10	37.10
-	O 8.80	8.55	8.30	8.35	73.40
9. G. Ambrosio	C 8.30	8.60	8.30	8.25	37.15
-	O 8.10	8.80	8.85	8.35	73.35
10. L. Kerdos	C 8.10	8.40	8.65	8.30	36.65
-	O 8.15	8.40	8.50	8.30	72.30
11. S. Shephard	C 8.40	8.65	8.30	8.20	36.86
-	O 8.55	8.55	8.70	8.30	72.95
12. J. Creek	C 8.65	8.10	8.25	8.40	36.70
-	O 8.70	8.30	8.50	8.50	72.30
12. A. MacBibber	C 8.20	8.20	8.30	8.30	37.00
-	O 8.80	8.20	8.30	8.20	72.30
12. B. Johnson	C 8.70	8.05	8.10	8.30	38.15
-	O 8.40	8.85	8.30	8.60	72.30
12. A. Woods	C 8.90	8.25	8.75	8.90	36.70
-	O 8.05	8.90	8.85	8.20	72.30
16. L. Zies	C 8.10	8.20	8.80	8.00	36.10
-	O 8.15	8.80	8.25	8.90	72.25
16. J. Cassella	C 8.95	8.05	8.95	8.00	36.85
-	O 8.50	8.60	8.90	8.55	72.20

18. S. Wen Glyke	C 8.00	8.40	8.05	8.80	36.25
-	O 8.00	8.90	8.80	8.90	71.55
19. P. Turner	C 8.80	8.40	8.80	8.80	36.80
-	O 8.05	8.10	8.65	8.95	71.75
20. J. Goerwey	C 8.40	8.00	8.05	8.50	35.95
-	O 8.25	8.25	8.90	8.15	71.80
21. S. Kallians	C 8.55	8.70	8.45	8.30	36.00
-	O 8.80	8.80	8.85	8.90	71.45
21. D. Davies	C 8.05	8.30	8.80	8.70	36.75
-	O 8.65	8.35	8.20	8.70	71.45
23. P. Lee	C 8.55	8.65	8.10	8.80	36.90
-	O 8.65	8.30	8.90	8.10	71.20
24. S. Lablancoux	C 8.15	8.40	8.25	8.55	36.85
-	O 8.35	8.65	8.15	8.45	70.75
24. J. Johnson	C 8.05	8.25	8.50	8.90	36.80
-	O 8.75	8.20	8.10	8.45	70.75
26. K. Montano	C 8.65	8.70	8.65	8.65	36.45
-	O 8.70	8.85	8.75	8.55	70.80
27. T. Richardson	C 8.70	8.80	8.70	8.85	36.35
-	O 8.05	8.55	8.55	8.90	70.55
27. C. Michaels	C 8.08	8.80	8.70	8.85	36.33
-	O 8.05	8.65	8.30	8.35	35.25
29. L. Russo	C 8.15	8.40	8.75	8.05	36.35
-	O 8.15	8.65	8.30	8.95	70.40
30. K. Lewis	C 8.05	8.55	8.50	8.05	35.35
-	O 8.80	8.70	8.55	8.90	70.30
31. P. Rodgers	C 8.65	8.10	8.05	8.95	35.75
-	O 8.10	7.90	8.60	8.65	35.20
32. R. Barrie	C 8.60	8.00	8.60	8.60	35.40
-	O 8.05	8.50	8.15	8.65	35.30
33. J. Huff	C 8.20	8.15	8.00	8.95	35.20
-	O 8.15	7.55	8.60	8.20	34.70
34. Devin Gieger	C 8.02	8.65	8.25	8.05	34.80
-	O 8.30	8.70	8.60	8.00	34.60
36. S. League	C 8.08	8.55	8.20	8.05	34.68
-	O 8.05	8.60	7.85	8.60	34.70



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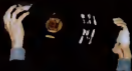
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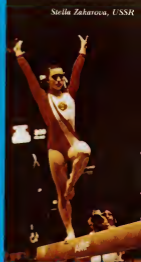
**79 Dial-American
Cup**

Winners
Kurt Thomas, USA
Stella Zakarova, USSR

Warren Long, Canada



Stella Zakharova, USSR



Phil Cahoy, USA



J. Shimizu, Japan



Cathy Johnson, USA

Robert Thomas, USA



Regina Grabotte, GDR



Maxi Grawack, GDR



Regina Alakula, USSR

Stella Zakarova, USSR



Tracee Talavera, USA



Larisa Gerasimova, USSR

The 1979 DIAL INVITATIONAL



Helen Anderson

NATIONAL FOR WOMEN



Rhonda Schwandt



Christa Canary



Jane Weinstein



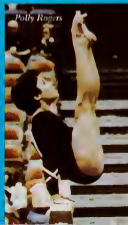
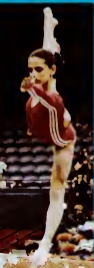
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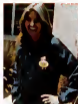
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Meet your International Gymnastics Federation Executive Committee. These photographs were taken during the recent meeting of the F.I.G. Executive Committee held in Fort Worth, Texas. Photos courtesy of General Dynamics Corporation, and Mr. John Long.



Mr. Max Bangerter
Switzerland, Secretary-
General, F.I.G.



Mr. Takashi Kondo
Japan, 1st Vice-President



Mr. Yuri Titov
USSR, President F.I.G.



Mr. Frank L. Bare
USA, 2nd Vice-President



Mr. Maurice Burette,
France, 3rd Vice-President



Mrs. Ellen Berger
German Democratic Republic
Pres. Women's Tech. Comm.

Not Shown:

M. Radovanovich
Yugoslavia

Mrs. Andreina Gotta
Italy

Mr. Felix Fernandez
Spain



Mr. Alex Lylo,
Czechoslovakia,
Pres. Men's Tech.
Comm.



Mr. Nicolai Vieru
Romania



Mr. Nicolae Hadjiev
Bulgaria



Mr. Rudi Spieth,
German Federal
Republic

Sanlam Cup

Ron Caso

The people of South Africa were great hosts. They did everything in their power to make our stay both educational and enjoyable. Many friendships were formed and will surely continue.

Competition in Cape Town was fierce but fair. Judging was excellent. Both Mark and I felt great pressure to continue USA dominance for the Cup, consequently, his work for perfection in all events paid off.

Our training in Cape Town was daily—even on days of competition. I felt we should not let up and become fat and lazy. Provisions for training were always made available and in most cases adequate.

After the competition in Cape Town for the Sanlam Cup, Mark and I were interviewed by national television and the broadcasts were well received by the South African people.

Upon arrival to Johannesburg, we were given the opportunity to practice in a small school. Facilities were not as good as Cape Town, but we made the best of what we had and didn't complain.

The young Springbok gymnasts working out with us were very impressive and if they continue progressing at their young age, they will afford the USA some good competition in the future.

I felt sorry for these hard-working gymnasts because they lack international competition which is a must for good mental attitudes toward our sport of gymnastics. I support their quest for outside competition. It is a must!

Competition in Portuguese Hall in Johannesburg was both relaxing and fun. Everyone enjoyed the people and the atmosphere. Mark did fairly well, won the 4 event all-around competition. Mark's parallel bar routine was quite shaky that night but he still managed to keep the lead in the AA.

The USA Gymnastics in Pretoria was a huge success for the South African sports community. Many thousands of people attended as spectators, and hundreds of participants demonstrated. The crowds received the international gymnasts with great enthusiasm. Everyone did their best to entertain the crowds and by so doing, enjoyed the three days of demonstration and display.

South Africa

All in all, I would say the trip was an experience one would long remember. The people of South Africa are great people. Their nationalism is contagious and heart warming.



(Pictured L-R) Ron Caso, Mike Liso, Linda Kardos, and Dorey Warburton, participants in the Sanlam Cup

Sanlam Cup

Men

Name	Floor	PH	Rings	Vault	FB	HB	Total
1. M. Caso (USA)	9.00	9.20	9.10	9.00	9.00	8.85	54.45
2. P. Schedl (SWI)	8.40	9.05	8.80	8.85	8.80	8.90	53.80
3. W. Bile (W. GER)	8.15	9.00	8.70	8.30	8.60	8.95	52.65
4. K. Blunder (RSA)	8.70	8.50	8.85	9.10	8.90	8.60	51.65
5. P. Bouter (FRA)	8.60	7.90	8.60	8.10	8.35	8.50	51.05
6. L. Pelt (AUS)	8.55	8.85	8.85	8.75	8.30	8.60	51.30
7. G. King (RSA)	7.95	7.80	8.55	8.90	8.50	8.50	50.30
8. M. Cassi (RSA)	8.60	7.80	7.60	8.60	8.60	8.40	48.40

Sanlam Cup

Women

Name	Vault	UB	BB	Floor	Total
1. L. Kardos (USA)	9.30	9.55	9.65	9.50	38.00
2. R. Kessler (SWI)	9.40	9.30	9.75	9.30	38.75
3. J. DuPlessis (RSA)	9.15	9.15	9.05	9.20	36.55
4. Sangulmetli (FRA)	8.95	8.55	8.10	9.15	35.75
5. D. Skjoldhammer (NOR)	9.30	8.70	8.45	9.00	35.45
6. K. Myburgh (RSA)	8.95	8.50	9.00	8.95	35.40
7. P. Kurbjuweit (FRG)	8.75	8.50	8.50	9.25	35.10
8. G. Alvarez (POR)	9.10	8.50	8.45	8.55	34.60
9. C. Baptista (POR)	7.85	8.05	8.20	8.25	30.15
B. Oursling (AUS)	-	-	7.65	8.30	15.95

Employment Opportunity

Mike Young's Gymnastics Academy in the beautiful Boise Valley, home of all types of recreation, is accepting application for head women's team coach, in their 400 plus enrollment program. Send resume to Mike Young's Gymnastics Academy, 5416 W. State St., Boise, Idaho 83703. Salary open.

Sanlam Cup South Africa

Danny Warbuton

Our trip began when Linda and I arrived at Kennedy Airport around 5:00 P.M. on Sunday, February 18, 1979. We had to go from one side of the airport to the other to try to find Alitalia Airlines. We finally found it but only 30 minutes before take off, giving us barely enough time to meet our other party, Ron and Mark Caso, and check our bags. However, we made it, and it was off to Rome.

We arrived at the airport in Rome at 8:50 in the morning, only to find that our bags were still in New York. So off we went to search for the motorbus hour later we check in. We then returned to the airport to wait for the next plane from New York, hoping that it would bring our bags. We were in luck, so we went back to the motel, changed our clothes, and were off to see Rome.

It was quite interesting to see a history book come alive right before our eyes (The Pantheon, Vatican City, The Coliseum). After we had walked our legs off and had seen all we could see, we went back to the motel and ate dinner. Linda and Mark then went to sleep while Ron and I talked and got better acquainted. Afterwards, I stayed awake to be sure we did not miss our plane, which left Rome at 12:50 A.M. Well, we made the flight and, after flying all night, we arrived at Johannesburg, South Africa at 1:50 the next afternoon.

We were met at the airport by the South African delegation, led by Mrs. Gwen de Jong and the other gymnasts and coaches from other countries. After we had a snack and went through the press interviews we were off on a plane again for another three-hour ride, arriving in Cape Town, the site of the 10th Annual Sanlam Cup. We were met there by Mr. Dave Mantley, who was to be our host, and what a host he turned out to be! Just great! He took us from the airport to our motel. The greatest feeling of the trip thus far was a bed. We had been up for 48 hours.

The next two days were schedules with breakfast at 8:00, workouts from 10:00 to 1:00, free time for relaxation from 3:00 to 6:30, and gymnastics in the evening. We visited many places including Table Mountain, High Noon Game Preserve, and the beach.

There was a lot on our minds in these days before the meet. Not knowing what level of competition to expect, Linda and I decided to just go out and try to better ourselves in her last meet, the DIAL SELECTION MEET that she had just finished on the Sunday before we left. She had finished 10th with a score of 75.30. Before using the equipment we had been worried about it. But after our first workout, we knew we had nothing to fear, the equipment was excellent. So we turned our attention to our competition. We found that it was not going to be an easy meet because we were facing scoring competition from six other countries.

The first day of competition was set for February 25 at the Good Hope Center with vaulting and uneven bars. The first event was vaulting. Linda was the first vaulter to compete. She performed a handspring full twist and a



piked tsukahara, scoring a 9.5. Helena Alvarez of Portugal performed two piked tsukaharas and scored a 9.1. Claudia Baptista performed a $\frac{1}{2}$ on $\frac{1}{2}$ off and yamashita for a score of 7.65. Petra Kurbusweit, West Germany, executed 2 tucked tucks and scored 8.75. Kathy Myburg of the host team executed 2 tucked tucks and scored 8.95, and her teammate, Jenny Du Plessis, did two handspring fulls and scored 8.15. The third South African girl, Debbie Skjoldhamer, performed two piked tsukaharas and scored 9.50. Veronique Sangumetti from France executed 2 piked tucks and scored 8.95. Romy Kessler of Switzerland performed two well-executed piked tsukaharas to score a 9.4, the 2nd place, one truth behind Romy Kessler. Elgiti Oroning of Austria had withdrawn from the competition because of an injured finger.

The second event was uneven bars. Most of the routines performed were stick bar routines with handstand pikes, somers between the bars, and hecht dismounts. Petra Kurbusweit, West Germany, and Veronique Sangumetti, France performed world-class routines, but each girl had one major break, scoring 8.50 and 8.95 respectively.

Romy Kessler, Switzerland, performed a good bar routine. Starting with a straddle-over mount to a long kip-cast handstand, then a back stailder to a handstand—pommel—swamp—eagle full turn, next a drop glide—kip to high bar, then a sole circle underpass—8 turns in stomach whips followed by a back uprise—free hip circle—stomach whip 8 turn—drop glide—kip catch, ending with a kip to high bar—steep sole circle backward to a layout with a full twist dismount. This routine was scored a 9.50.

Linda was the last performer on bars. She mounted with a peach—kip catch—kip to high bar, then a cast free kip to handstand followed by a pommel—stomach whip back

Modern Gymnastic's International Competition

Marion Duncan

The competition was held Friday evening and Saturday morning with Finals at 3:00 PM Saturday afternoon.

Two gymnasts represented the following countries (listed in order of their prowess from this competition): Czechoslovakia, Russia, Bulgaria, East Germany, Poland, Romania, Holland, U.S.A., Cuba, Yugoslavia, Finland, Austria, France, Belgium, Hungary.

It was obvious that Russia and Bulgaria had sent their 4th or 5th seeded gymnasts, but these were, nevertheless, strong competitors for the Czechs. The Czechs were superior in execution and accuracy, preferring vigorous, dynamic routines, but the Russians and Bulgarians, even East Germans, demonstrated more versatility in the context of style between each of the four apparatus. Their ball routines were noticeably slower-paced, full-bodied and sensitive using at times single musical notes to emphasize delicate moves. Poland, Romania and Holland are improving each year but not showing the accuracy or proficiency yet of the leading teams. The U.S. team moved up a great deal from last year and with concentration on ballet techniques, greater extension and flexibility, and a little more drilling of superior elements, the U.S. should make a good impression at World Games. Sue Sells is working in Holland under an ex-Romanian coach, and has developed much more extended lines and polished performances. Sandi Shannon, is at present being coached by a Czech national team coach and ballet instructors in

Beno, and is showing at building further extension and precision on difficult elements. Both girls have a good chance of being placed within the top 20 at World Games if they continue to improve at their rate. The whole American team was very warmly received in Beno, and some officials commented on the very "amazing" choreography of Sue and Sandi, and their obvious skill in handling the apparatus.

Dance Technique: The superior gymnasts were very lean and extremely flexible. Movements were therefore very clean-cut and fully extended; often hyper-extended as in split leaps. It is essential to have the flexibility and strength to hold the legs in high arabesque, forward, side and behind. Also, to be able to pivot quickly or at leisure, 720° on the full toe with correct body alignment is very necessary. Back shoulder, and flexibility is desirable particularly in ball routines, and strong legs and feet very necessary for explosive and controlled leaps and acrobatic elements. High-toe footwork predominated throughout the routines.

Apparatus Skills:

Ball (Music—generally rather dramatic, or delicate, but with strong expression).

All kinds of fluid rolls over the body. High 30-50° tosses with 1 to 5 elements underneath where focus on the ball is momentarily lost—the ball is recovered often in a difficult body position, i.e., back arch, lying pose, or % toe balance, requiring great accuracy of ball trajectory.

Rope (Music—light and bright)

A lot of tosses this year also utilizing horizontal and diagonal planes. Also the rope was used swinging in its entire length a great deal. Jumps were fast, often using the Czechs did many arched leaps over doubled rope.

Clubs (Music—fairly dramatic)

The clubs moved all the time. There were a lot of smaller tosses and quick exchanges during dance pauses, these also often moved through horizontal or diagonal planes through the air. High tosses up to 40° were exciting, and caught with great precision in deep body extensions or extensions.

Ribbon (Music—it varied, but not as lush or ripping as expected—more deep feeling projected)

Patterns of the ribbon were extremely clear. Some intricate exchanging of baton during a pattern, from one hand to another, without losing the pattern of the ribbon. Also some high tosses performed by quickly grasping the attachment area (of stick and ribbon), giving the baton a quick swirl and letting it fly through the air (sometimes vertically).

Film of the U.S. girls, and 5 finalists of each section were taken and will be available for general after Nationals. The music of the finalists was also recorded—copies of this tape can be made available for purchase; for the maintenance of patterns and coaches in constructing competition.

Saniam Cup (Continued)

The dance was excellent, as most of the girls performed on toe. All the turns were performed well, the jumps and leaps had extreme amplitude, and all the movements were definitely precise ballet movements.

Going into the 10th annual Saniam cup Linda Sardis had a tradition to uphold, the meet having been won by nine girls from the U.S.A. in as many years.

1971	Cathy Rigby	57.15
1972	Joan Moore Rice	56.49
1973	Roxanne Parcer	57.49
1974	Debbie Fike	56.49
1975	Jaime Anderson	58.10
1976	Druze Dunbar	56.80
(Nov) 1976	Debbie Wilcox	56.65
1977	Andrea Turner	57.49
1978	Dennis Kemp	55.58

When the four events were completed, Linda had done her job, with a 58.00 all-around score, thus restoring after a decade of victories by American girls in this first international competition.



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Colorado Springs Site of Second Jr. Development Testing

Ronald L. Caso

The United States Air Force Academy was recently the site for the Second National USGF Boys Junior Developmental Testing Program in 1979. Eighteen young men, ranging in age from 11 to 18, converged on Colorado Springs, hoping to parlay their skills for berths on the Junior National Team.

During the eleven (March 14-24) days of testing and competition, the participants demonstrated that both the concept and the reality of developmental programming in American men's gymnastics has indeed come of age. The level of technical skill which marked the program was far beyond the capability of a similar age group just five years ago.

The milestones attained at Colorado Springs testify to the considerable impact which the progressive thinking of groups like the USGF and supportive volunteers can have on the development of American gymnastics. The youth which form the program's talent pool are an increasingly

significant component of the national gymnastic effort by introducing boys to the complexities at beginner and intermediate levels toward the senior team, a continuity of development not previously possible has been attained. The combination of increased emphasis on youth and the extension of training spans offered by the Program in enlarging the resources of men's gymnastics in this country, literally by leaps and bounds. From a collective standpoint, the developmental program has stimulated the assembly of a depth of young talent never before possible. From an individual perspective, the benefits of this program have dramatically increased the rate of improvement among American "youth in gymnastics."

The Second Boys Junior Developmental Testing Program for 1979 also suggested new targets for effort in boys gymnastics. Now that increased attention is being focused on this area, goals and training methodologies uniquely suited to the needs of this age group must be evolved. Within this context, results of the project suggest that even greater accomplishments will be possible if more attempts are made to individualize training to the improvement rate of each participant.

Selections for the Junior National Team always follow developmental training camps. This process benefits those who make the team, as well as those who do not. Through individual conferences, each boy is advised of his strengths and weaknesses, informed of necessary improvements necessary to maintain team status, and encouraged to keep up the good work. Individuals selected Team as a result of the Colorado Springs Program were:

Adam Forman	Dallas, Texas	(age 11)
Russell Lacey	Houston, Texas	(age 12)
Stewart Butler	Albuquerque, N. Mexico	(age 12)
Dan McGinn	Northridge, Calif.	(age 14)
Lee White	Dallas, Texas	(age 14)
Robbie Brown	Chicago, Illinois	(age 14)

Those chosen for the Team at Colorado Springs, as well as those currently on the squad, have a busy schedule ahead. Mark Caso, Sanlam Cup (South Africa) champion, and Peter Stout, winner of the 1978 Junior Nationals, have already been selected to compete in the Golden Sands Meet, to be held in Bulgaria from June 9 through 15. Twelve boys have also been chosen to participate in the National Sports Festival, scheduled for Colorado Springs in August of this year.

The many accomplishments already attained by the National Junior Team comprise a major contribution to the American gymnastic effort. Mas Watanabe, USGF Program Director, is rejoiced with the progress made by the developmental program in the short period since 1976. New criteria for individualization of the testing program, currently being developed, should thrust each participant even further ahead. Congratulations to the coaches and athletes who are working toward a common American goal --- international gymnastics supremacy.

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MEET RESULTS
1979**

TEAM RESULTS

TEAM RESULTS:

1. Odessa Community College	Odessa, TX	94.45
2. Scottsdale Community College	Scottsdale, AZ	94.10
3. Spokane Community College	Spokane, WA	93.70
4. Jefferson State Jr. College	Birmingham, AL	92.70
5. Suffolk Community College	Long Island, NY	85.05
6. Ricks College	Rexburg, Idaho	82.80
7. Miami-Dade Community C. North	Miami, FL	82.65
8. Essex Community College	Baltimore, MD	79.00
9. Montgomery Jr. College	Rockville, MD	75.55
10. College of DuPage	Glenn Ellen, IL	71.30
11. Triton Community College	River Grove, IL	69.40

ALL-AROUND RESULTS

(Determined After Preliminaries)

1. Wanita Lynch	Odessa	35.65
2. Patty Locotosh	Miami-Dade	32.35
3. Mary Jane Cavalliere	Scottsdale	32.15
4. Cathy Turner	Jefferson State	31.75
5. Kathy Carter	Scottsdale	31.20
6. Shawn Roberts	Spokane	31.10

INDIVIDUAL EVENTS RESULTS

(Combined Scores - Preliminaries and Finals)

SIDE HORSE VAULTING

1. Wanita Lynch	Odessa	17.325
2. Patty Locotosh	Miami-Dade	16.85
3. Jane Vogel	Scottsdale	16.825
4. Stephanie Lewis	Jefferson State	16.50
5. Kathy Carter	Scottsdale	16.425
6. Cathy Turner	Jefferson State	16.175

UNEVEN PARALLEL BARS

1. Wanita Lynch	Odessa	16.05
2. Toni Swanson	Spokane	17.15
3. Patty Locotosh	Miami-Dade	16.75
4. Mary Jane Cavalliere	Scottsdale	16.20
5. Cathy Turner	Jefferson State	16.00
6. Dauphine Yocom	Spokane	15.60

BALANCE BEAM

1. Wanita Lynch	Odessa	17.75
2. Patty Locotosh	Miami-Dade	16.25
3. Shawn Roberts	Spokane	16.20
4. Mary Jane Cavalliere	Scottsdale	15.95

5. Cynthia Picinich	Miami-Dade	15.75
5. Donna Albridge	Suffolk	15.75
5. Shawn Rogers	Ricks	15.75

FLOOR EXERCISE

1. Wanita Lynch	Odessa	18.40
2. Mary Jane Cavalliere	Scottsdale	16.75
3. Shawn Roberts	Spokane	16.55
4. Elva Shepherd	Ricks	16.00
5. Cathy Turner	Jefferson State	15.95
6. Kathy Carter	Scottsdale	15.75

ALL AMERICANS (1ST TEAM)

Wanita Lynch	Odessa
Patty Locotosh	Miami-Dade
Mary Jane Cavalliere	Scottsdale
Cathy Turner	Jefferson State
Kathy Carter	Scottsdale
Shawn Roberts	Spokane

HONORABLE MENTION

Patty Locotosh	ALL AMERICAN Miami-Dade (Vault-2nd) (Uneven Bars-3rd) (Beam-2nd)
Jane Vogel	Scottsdale (Vault-3rd)
Toni Swanson	Spokane (Uneven Bars-2nd)
Shawn Roberts	Spokane (Beam-3rd) (Floor Exercise-3rd)
Mary Jane Cavalliere	Scottsdale (Floor Exercise-2nd)

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International Events and USGF Participants

Hungarian Invitational April 1979

Competitors:
Christa Canary
Tracee Talavera
Tim La Fleur
Mike Silverstein

Coaches:
Dick Mulvihill
Clarence Johnson

Judges:
Sharon Valley
William Roethlis

Hungary-USA/Women April 1979

Competitors:
Heddi Anderson
Sandy Wurth
Tracee Talavera
Christa Canary
Leslie Pyle
Jane Weinstein

Coaches:
Donna Strauss
Dick Mulvihill

Judges:
Sandra Thier
Sharon Valley

Pianist:
Art Maddox

Czechoslovakian Invitational/Women April 1979

Competitors:
Sharon Shapiro
Ann Woods

Coach:
Jim Fournaine

Judge:
Karen Patoile

TBS Cup . . . Japan April 1979

Competitors:
Beth Johnson
Jeannine Creek
Jay Whelan
Mario McCutcheon

Coaches:
Hal Halvorsen
Mas Watanabe

DDR Invitational April 1979

Competitors:
Linda Kardos
Gigi Ambardos
James Hartung
Larry Gerrard

Coaches:
Danny Warburton
Francis Allen

Judges:
Linda Chencinski
Don Allin

Champions All London April 1979

Competitors:
Kathy Johnson
Peter Koemann

Coach:
Vannie Edwards

Risk Evaluation

Revised Copy 2/79

New skills added to original list are starred
Wording changed to clarify shown by a zero
Not listed in F.I.G. Code shown by N.L.C.

FLOOR EXERCISE

G-1

G-2

G-3 (P)

I. Dances/Modern Rhythmic Gymnastics

1. Double turn on one foot, free leg in any position
Ex - FIG Code
Pg. 80-83
Pg. 80-83
Pg. 80-83
2. Leap or jump with 1/2 turn (N.L.C.)

II. Acrobatic/Tumbling

3. 1/2 Twisting front salto (Rudt) (N.L.C.)
4. Double full twisting back salto
Ex - FIG Code
Pg. 102-105
Pg. 102-105
5. Arabian salto through to a full twist
Ex - FIG Code
Arabian: Pg. 103-105
Pg. 103-105
Full twist: Pg. 102-105
6. Front salto through to a full twist back salto
Ex - FIG Code
Front salto: Pg. 102-105
Pg. 102-105
7. Alternate full twisting back saltos (N.L.C.)
8. Front full twist salto through to any salto in any position (N.L.C.)
9. 1/2 Twisting back salto stepout through to any salto in any position (N.L.C.)
 - * Side salto with full twist (N.L.C.)
 - * Front handspring, front salto, front handspring, front salto (may be done from a flexed and may be in any position—tuck, pike, layout) (N.L.C.)
 - * Front handspring, front salto, front salto (may come from tuck and may be in any position—tuck, pike, layout) (N.L.C.)
 - * Back salto to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)
 - * Back salto with 1/2 twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)
 - * 1/2 twisting one roll (N.L.C.)
 - * Any bounding back saltos that includes one layout with one full twist
Ex — bounding backs (consecutive saltos) through to a full twist Back full twist immediate back salto (N.L.C.)

10. 1/2 Twisting back salto stepout through to
 - a. Full twisting back salto
 - b. Arabian salto
 - c. Front salto (N.L.C.)
11. 1/2 Twisting front salto (Rudt) through to back salto with full twist (N.L.C.)
12. Double back salto to tuck position (N.L.C.)
13. Full twisting salto (forward or backward) through to double twisting back salto (N.L.C.)
14. Double twisting back salto through to full twisting back salto (N.L.C.)
15. Front salto or Arabian salto through to double twisting back salto (N.L.C.)
16. Alternate salto series with 1/2 twist on each salto
Ex - Forward, side, or back saltos in any position (N.L.C.)
 - * Side salto with double twist (N.L.C.)
 - * Front handspring, front salto, front handspring, front salto (may be done from a flexed, and they be in any position—tuck, pike, or layout) (N.L.C.)
 - * Back salto with full twist to immediate front salto with two foot take-off (N.L.C.)

17. Leap or jump with double turn (N.L.C.)
18. Triple turn on one foot, free leg in any position (N.L.C.)
19. Triple twisting back salto (N.L.C.)
20. Alternate double twisting back saltos (N.L.C.)
21. Full twisting double back salto (one full twist, two back saltos) (N.L.C.)
22. Double front/back salto (may be done in any position)
Ex - Tuck, pike, layout (N.L.C.)
24. Arabian double salto (half in to double front salto) (N.L.C.)
25. 1/2 front salto (vertical to the floor is on hands) (N.L.C.)
26. Double back salto in pike or layout position (N.L.C.)
27. Double back salto in combination of positions
Ex - pike/back, or layout/pike (N.L.C.)
28. Bounding saltos (consecutive saltos) through to double back or double twist (N.L.C.)
29. Double back in tuck position at end of the exercise
 - * Layout back salto with double twist to immediate front salto from two foot take-off (N.L.C.)
 - * Full twisting Arabian 1/2 salto (N.L.C.)

BALANCE BEAM

C-1

C-2

C-3(D)

I Series/Modern Rhythmic Gymnastics

- 1 Twist (Girobole) four (4) (NLC)
- 2 1½ turn with free leg above horizontal (free leg may be straight or bent, placed forward, side, or in back of the body)
- 3 Double turn with free leg in any position
- 4 Jump with full turn (NLC)
- 5 Switch leg leap (may be done with one or both legs in step position)
Ex. - FIG Code, pg. 81-498
- 6 Side Leap
Ex. - FIG Code, pg. 82-498
- 7 Jump or leap with 180° split and 180° turn
Ex. - a. Four gile sold (beam difficulty supplement leap #1)
b. FIG Code, pg. 81-498
- 8 Leap with standing head
Ex. - FIG Code, pg. 82-498

II Stands/Balances/Modern Rhythmic Gymnastics

- 9 Handstand, full pirouette
Ex. - FIG Code Supplement Pg. 75-453
- 10 Pirouette (NLC)
- 11 Flaxon
Ex. - FIG Code Pg. 90-44M on Floor

III Rolls

- 14 Free forward roll, tic tac
- 15 Any handstand swing down back roll to any handstand
Ex. - a. Flip-flac swing down to back roll extension
b. Back roll extension swing down
c. Back limber swing down
d. Handstand, in pirouette swing down
- 16 Layout dive roll
Ex. - FIG Code Pg. 93-41M Floor
- 17 No handed (Free) dive roll (NLC)

IV Gymnastics (non-flight phase elements)

- 18 Any walkover across the width of the beam (NLC)

V Acrobatic/Tumbling (Flight phase elements)

- 20 Two flight phase elements in series
Ex. - a. back or front handsprings (with landing in either step-out or feet together)
b. dive cartwheels, brissoles, or walk overs
- 21 Gymnastic element into aerial or salto
Ex. Gymnastic elements
a. walkovers
b. brissoles
c. cartwheels
- 22 Single foot take-off front salto (NLC)

- 12 One arm handstand-held (NLC)
- 13 Handstand double pirouette
Ex. - FIG Code pg. 8-453
* From a balanced st., swing up to handstand immediate full pirouette or more into another acrobatic non-flight phase element (NLC)

- 19 Any gymnastic element with full turn
Ex. - a. Valsky with full turn (Diamoid)
b. Walkover with full turn
c. Back extension with full turn

- 25 Acrobatic/Tumbling (flight phase) element into back salto or aerial
Ex. Front, back handspring, dive walk over, brissoles, cartwheels or rolls into any salto or aerial in any position
- 26 Salto or aerial into Acrobatic/tumbling element
- 27 Gymnastic (non-flight phase) element into pike or layout salto
- 28 Two foot take-off front salto (NLC)
- 29 Flip-flac with full twist (NLC)

- 40 Double turn with free leg above horizontal (free leg may be in any position) (NLC)
- 41 Leap or jump with 1½ turn or more (NLC)
- 42 "C" level risk leaps and/or turns in a series (they be the same or different leaps and/or turns)
- 43 2½ or more turns on one foot
- 44 Free (any) roll immediate salto (may be performed in any position, may be feet, side, or back)
Ex. - Combination of FIG Code Pg. 73-475 and Pg. 73-4155
- 45 Any Acrobatic/tumbling element (not flip-flop) with full twist (full twist) may be done at start or completion of the element before landing
- 46 Any Acrobatic/tumbling or Gymnastic element with immediate front salto from two foot take off
- 47 Aerial cartwheel immediate back salto in any position (back, pike, or layout)
- 48 Any Acrobatic/Tumbling or Gymnastic element to Arabian salto
- 49 Consecutive aerials
- 50 Bounding saltos
- 51 Salto with twist (½ or more) (NLC)

C-1

- Q 23 Any pike back salto (NLC)
- Q 24 Front or back handspring with 1/2 turn prior to landing (NLC)
 - * Side salto (NLC)
 - * Switch tag front handspring (NLC)

VI Mounts

- A. Vault from board thru handstand
 - Q 30 Any vault mount to a gymnastic element
 - Ex. FIG Code, Pg. 40-415
- B. Vault from board
 - Q 31 Vault with 1/2 turn to handstand
 - Ex. -1/2 turn on in vaulting

VII Dismounts

- Q 34 1/2 twisting front salto (Rud) (NLC)
- Q 37 1/2 salto from hands (Tsuchikura type dismount initiated off the hands) (NLC)
- Q 38 Single foot take-off back salto with full twist (NLC)
- Q 39 Any full twisting back salto preceded by a "C" Risk element, salto, or aerial (NLC)
- Q 36 Any combination of two or more "C" Risk elements including a "C" Risk element will upgrade the element by 1

C-2

- Q 32 Any vault mount to aerial or salto back or pike (NLC)
- Q 33 Salto to foot (NLC)
- Q 35 Double full twist (May be done forward or back)

- Q 39 Double full twist (May be done forward or back)

- Q 39 Double full twist (May be done forward or back)

- Q 39 Double full twist (May be done forward or back)

- Q 39 Double full twist (May be done forward or back)

C-3 (D)

- Q 52 A series with two Acrobatic/Jumbling elements and a salto or aerial in any direction in any position
- Q 53 Tuck or Pike back salto swing down (NLC)
 - * Pike or layout front salto (NLC)

- Q 54 Any vault mount with a full turn (may not Salto in a front or rear support) (NLC)
 - * Any vault mount back layout salto (NLC)

- Q 55 Double salto (NLC)
- Q 56 Salto with 2 1/2 or more twists (NLC)
- Q 57 1/2 salto from hands with full twist (Tsuchikura type dismount initiated off the hands)

UNEVEN PARALLEL BARS

I Circles

- Q 1 Clear hip circle to handstand
 - Ex. FIG Code, Pg. 31-4118
- Q 2 Straddle or stoop on and off to handstand (may be done forward or backward)
 - Ex. FIG Code, Pg. 35-425

II Salts

- Q 5 Back or uprise front salto
 - Ex. FIG Code, Pg. 44-455
- 7 Back front salto to rear support on HB (NLC)

III Releases

- Q 9 From HB 1/2 circle in stoop or straddle (push) release to land on LB in handstand
 - Ex. FIG Code, Pg. 43-425
- Q 10 From handstand drop to staller position as hands regrip (May be done on single bar or from HB to LB) (NLC)

- Q 3 Straddle or straddle staller backward or forward to handstand
 - Ex. FIG Code, Pg. 39-445

- 4 Any circle swing element with one or more twists (not back full)
 - Ex. FIG Code, Pg. 35-445

- Q 5 Giant swing (must complete a full circle) (NLC)

- * Clear hip circle forward to handstand
 - Ex. Welter Kip

- Q 8 Salts originating off feet or thighs to catch same bar
 - Ex. FIG Code, Pg. 44-445

- Q 8 Salts originating off feet or thighs to catch same bar
 - Ex. FIG Code, Pg. 44-445

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 - Ex. FIG Code, Pg. 44-445

- Q 8 Salts originating off feet or thighs to catch same bar
 - Ex. FIG Code, Pg. 44-445

- Q 12 Originating from an upward swing movement, handstand/kip change grip on same bar (NLC)

- Q 12 Originating from an upward swing movement, handstand/kip change grip on same bar (NLC)

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- Q 12 Originating from an upward swing movement, handstand/kip change grip on same bar (NLC)

- Q 37 Any staller from handstand to handstand (may be straddle or pike)
 - Ex. FIG Code, Pg. 39-4135

- Q 37 Any staller from handstand to handstand (may be straddle or pike)
 - Ex. FIG Code, Pg. 39-4135

- Q 38 German giant (full circle in straddle position) (NLC)

- Q 39 Any circle swing more with one or more twists finishing in handstand
 - Ex. Clear, staller, straddle or stoop (NLC)

- Q 39 Any circle swing more with one or more twists finishing in handstand
 - Ex. Clear, staller, straddle or stoop (NLC)

- Q 40 Cast to upward front salto catch same bar (NLC)

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- Q 41 From brief squat on HB, flip-flop catch HB over LB
 - Ex. shown in Code only as going to long hand

- 0 11. From HB facing out, in a clear rear support, ½ forward or backward salt circle or arnis in handstand on LB
Ex: FIG Code, Pg. 26-465
* Stomach whip drop to handstand on LB
Ex: FIG Code
* Stomach whip, uprise, vault over HB, regrab HB (NLC)
* Roll hands from reverse grip to eagle grip (NLC)

- 0 14. Any free full twist initiated from the hands
Ex: FIG Code, Pg. 42-445
Pg. 42-445
* Stomach whip, uprise ½ turn to catch LB in handstand (Must be simultaneous hand grasp) (NLC)
* Stomach whip, straddle vault over HB, regrab HB in eagle grip (NLC)
* On HB (facing out) ½ front straddle circle release HB, drop to LB (reverse grip) in straddle position, arnis forward (NLC)
* Straddle roll (Peach) to handstand on LB immediate release of LB to regrab HB (Front arnis) (NLC)

IV. Handstand Pirouettes

15 Handstand with full pirouette (NLC)

- 0 46 Handstand with full pirouette circle back to handstand
Ex. of circles
a. clear hip
b. straddle
c. straddle or stoop on (NLC)
* Handstand with 1½ or more pirouettes
* Stomach whip, uprise to handstand on HB (legs together with straight body) (NLC)

V. Handstand

- * Stomach whip, uprise above horizontal to stoop into stoop straddle circle (NLC)
* Stomach whip, uprise to handstand on HB (legs may be straddled, body is straight)

VI. Twists

- 0 16. Pop full twist from LB catch LB or catch HB in eagle grip (NLC)
0 17. Hecht ½ turn catch in front support on same bar (NLC)
18. Hecht straddle cut to rear or "L" support (NLC)

19. Beat free full twist catch LB
20. Wrap ½ turn (pop) catch HB in front support (NLC)
0 21. Any circle/swing movement off the hands with ½ beat (same as #4 under circles)
Ex. of circle/swing movements
a. straddle
b. clear hip circles
c. sole circles (NLC)

VII. Mounts

- 0 22. Full twist to front hip circle
Ex: FIG Code, pg. 22-415

- 0 33. Any free salto upward to hand arnis (if done to a sit on LB is not given risk credit) (NLC)
0 34. Glide double leg stoop through on low bar, release to catch in inverted pike on high bar (NLC)

- 45 Salto with full twist (NLC)
0 46. Jumps from beard ½ turn vault into Hand Stand
Ex - same as #1 on in seat (NLC)

VIII. Dismounts

- 0 25. Straddle or stoop on tuck front salto
Ex: FIG Code, pg. 55-105
0 26. Straddle or stoop on ½ front tuck back salto
Ex: FIG Code, pg. 55-175
27. Tuck back salto from hands
Ex: FIG Code, pg. 53-165
28. Flyaway in layout position with full twist (NLC)
0 29. Straddle or stoop circle layout back salto with full twist (NLC)
* Clear hip circle hecht with full twist (NLC)

- 0 35. Straddle or stoop on, tuck front salto with ½ twist (NLC)
35 Hecht back salto from wrap on LB
Ex: FIG Code, pg. 54-105
0 32. Straddle or stoop circle forward back salto with double twist (NLC)
33. Cast inward front salto from HB over LB (NLC)
34. Hecht with double twist (NLC)
35. Straddle or stoop circle forward double back salto (NLC)
0 36. Any salto dismount off the hands in pike or layout.

- 0 47. Flyaway to
a. Double back salto
b. Double twist
c. any double twisting back onto (Tuff) (NLC)
45 Any salto from hands with a full twist or more (NLC)
49 Single bar hecht back salto (NLC)
50 Hecht back salto with full twist (NLC)
51 Hecht ½ twist front salto (NLC)
0 52. From handstand clear circle or straddle circle ½ turn front salto (NLC)
* Reverse hecht back salto (NLC)

VAULTING TABLE OR VAULTS FOR USGF ELITE AND JR. OLYMPIC AGE GROUP PROGRAM

88 Handspring	102 Handspring front back 1/2 twist
89 Yamashita	0 103 Handspring front pike 1/2 twist
90 Yamashita, 1/2 twist	104 Handspring front tuck or pike with full twist
95 Handspring, full twist	0 105 Handspring 1/2 twist back tuck
96 Handspring, 1 1/2 twist	0 106 Handspring 1/2 twist back pike
0 100 Handspring, double twist	104 1/2 twist on full twist off, back salto on
91 1/2 twist on 1/2 twist off	98 Full twist on, handspring off
92 1/2 twist on, full twist off	100 Full twist on, full twist off
95 1/2 twist on, 1 1/2 off	104 1/2 twist front salto on, handspring off
96 1/2 twist on, double full off	90 Hecht
97 Tsukahara, back	94 Hecht, full twist
97 Tsukahara, pike	100 Hecht, back tuck
100 Tsukahara, layout	* 96 Yurchak 1 1/2 twist
102 Tsukahara, back full twist	* 95 1/2 Tuck salto on-handspring full twist off
103 Tsukahara, layout full twist	* 101 Full twist on—1 1/2 twist off
104 Tsukahara, pike open full twist	* 96 1 1/2 twist on—nothing off
106 Tsukahara, double back	* 99 1 1/2 twist on—1/2 twist off
100 Handspring front tuck	* 101 1 1/2 twist on—full twist off
0 102 Handspring front pike	* 100 1/2 twist on—1/2 twist front back salto on
	* 96 Full twist on—1/2 twist off

**NOTE: Any vault that was previously valued but is not found in this "Table of Vaults" has been eliminated from USGF competition.

THE FOLLOWING VAULTS WILL BE PERMITTED AT THE CLASS II AND III LEVELS

- 7 B Layout straddle
- 7 C Layout sloop
- 7 D Layout seat

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free to concentrate on the finer points of his performance.

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Concord, CA 94520



Custom Gym Wear
2300-A Betsy Avenue Concord, CA 94520

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I have enclosed \$_____ for _____ pair of grips, plus \$1.00 per pair postage and handling.

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Address _____

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Ask us about discounts on orders of 10 or more.

Allow three to six weeks for delivery.

No returns or P.O. orders.

COD or cash at customer expense.

Minutes WTC Meeting Feb. 16, 1979 Marriott Hotel, Tucson

1. Minutes of the September meeting were approved with the following correction: Most Decider of First National State Meet to Jim Turpin

2. Score Requirements for 1979 Season—Class I
The RTD's reported on score changes at the State level. Many states have lowered their State Meet qualifying score to 52.00 AA. The committee decided to allow the RTD's to continue to handle each State according to its own needs.

As far as Regional issues go, some Regional members seemed to be whether enough gymnasts would be able to reach a 55.00 to make the meet feasible. It was decided that Regions 3 and 4 may lower Regional qualifying scores to 54.00. If either the State meet any State level that there is an inadequate number qualified to Regional, the RTD may petition to NDC. Before Decider to lower the score to 54.00. The WTC agreed that to make the Regional meet feasible, there should be minimum of 40 gymnasts.

System and Western Championship. The committee unanimously agreed to lower the qualifying score from 55.00 to 54.00 (if 3 average event score).

3. Score Changes—Class II and III
Mr. Grant has submitted a report to be given at the meeting to be held at the Championship of the USA in May.

Before Decider made a suggestion which will be discussed at the next meeting. It allows a new State to raise the qualifying scores and possibly to raise the overall score if the numbers are so large that a meet is not feasible.

4. New Business

A. Out of Country competition: Any gymnast living outside the USA should complete an out of country form. Once they are in the US again they may stay at any level.

B. Complaints concerning USDT events and how to handle them.
Reminder: A USDT—sanctioned meet and a sanctioned meet may not be run at the same time in the same facility.
In order to ensure quality events for our gymnasts, decisions must be upheld using qualified judges, proper equipment and proper meet facilities.

In the case of a judgement appearing, the action will be good.

C. Recommendations for new programs
Before Decider requested the RTD's to get feedback from their Regions, as to what changes towards the development of good gymnastics might be made in the future. In the Spring of 1979 the new committee will be out as well as the new FIG Code of Points (Summer of 1979). In light of this, downward to continue in the same direction with our Age Group Program? Anytime as it brought technical constructive ideas in relation to what State Regional Technical Director and Regional Age Group Development Directors.

Some thoughts expressed to the committee that for:

Time limit for beam and floor competitions.

Or and Or Networks combined in one meet.

Or and Or Combined meet is combined.

No state level meets.

D. Inactivity Form: The majority of the committee felt that a verbal exchange at the proper time was more positive, but there could also be a written record made for video tape. Inquiries could be in regards to rank, difficulty credit, falls and unusual breaks (for dismounts) and for excessive elements and falls and several directions for competition.

V. Miscellaneous

A. USOP Age Group Achievement Patches

State Chairmen and Regional Chairmen purchase the patches from the USOP office at \$35 each for distribution at State and Regional Meets.

Most Decider of EastWest and National Meets must request patches from the USOP office.

B. Classification on how to break ties at a USOP sanctioned meet:

In the case of a tie and there are no other means available, the following procedure should be followed. If there is a tie in event the gymnast with the highest All-Around receives the higher award (for example, a tie for 1st place on bars—girl with highest All-Around receives the 1st place award, the other girl receives the 2nd place award).

For a tie in the All-Around, the higher award goes to the gymnast who has the highest score on any one event.

If there is a tie for an event and the two gymnasts are also tied in the All-Around, the highest award goes to the gymnast with the highest Compulsory All-Around. In the case of an optional only meet, tie a coin to see which gymnast gets the higher award.

C. Gymnasts changing Clubs: The WTC has recommended that the US Association of Independent Gymnastics Clubs discuss the problem of gymnasts changing clubs in the middle of the competitive season. Some questions to think about: Should they be able to complete immediately for the new club? Should there be rules regarding financial obligations to the old club? Since in regards to recurring

D. Photographing at the Class II level: For State level and below, positions should be made to the State Chairman and the RTD.

ELITE AGENDA

I. Review of Elite Program

A. Regional State Chairmen

1. Only two reports were filed from Regions 1 & 2. All Regions except 11 held clinics. Bill Strauss reported that the two reports received were well done and the clinics were very helpful to the general.

Recommend: The Regional Elite Developmental Decider is responsible for organizing and reporting State chairs reports should be sent to: Elaine Dent, Sherwin Valley and Bill Strauss.

B. Dual location from the Dual Meet directly into National Qualifying Meets.

Memo: Reported that the Elite Developmental Committee recommended that the Dual Meet for a qualifying meet only for participation in non-sanctioned events and that the qualifying meet into The National Elite Qualifying Meets. WTC agreed.

C. Review of Elite Program Regulations

1. Review Basics for performance into Zone Elite Meets.

There was an objection as to how many region allowed gymnasts who had not scored a 70.00 in the previous Class I event, at the Zone Elite meet. The WTC agreed that there should be a standard way of allowing participants into the Zone elite. The Elite Developmental Committee recommended to drop the 70.00 requirement at the present time and to reconsider the score requirement at the Championships of the USA.

2. The Elite Developmental Committee made the following recommendations:

Voluntary questions: eliminate the requirement of 140" minimum. Change: Gymnast must perform 2 vaults, each from a different category. The gymnast MUST perform one vault from a D or better. The other vault may not be valued lower than a D.0. The WTC voted unanimously to accept these recommendations effective as of the 1st Zone Elite Meet.

D. Extra Landing MAT: Maximum landing mats will be allowed throughout the 1979 season. If an extra landing mat is used, a 3.0 penalty will be taken.

Equipment Specifications: FIG specifications will be followed. Baseline for vaults will be allowed on the landing mat. Squared off lower bars in the Age Group Program bars may be adjusted to facilitate the exercise, not just the wrapping of the gymnast. The low bar may not be lowered below 100 cm. All the elite level gymnasts aged 16 and over must follow the FIG specifications. For the 12-14 year old elite gymnast, there is a option of equipping the bars to facilitate their routine.

E. Elite Program Secretary Position: Due to lack of funds, this position has been eliminated. The Vice-Chairman of the WTC will take over the responsibilities of the Elite Program Secretary.

II. Meet Site and Funding Report (L. Charnick)

USOP Ideas for the First Zone Elite Meets have gone out to the Meet Directors. The USOP office will try to have the effects of at least one month prior to the meets. They request that the teams be placed as soon as possible so the money can be used for the next meet.

III. Championships of the USA

A. Format: Compulsories 18, 16 and 10 will be held.

B. The top 10 from each of the 16 and Qualifying Meets will advance to the Championships of the USA.

C. One round on events with 14 judges recommended.

D. The new Vaulting regulations will be in effect.

E. Finals (Compulsories 10): The Elite Developmental Committee recommends to have 16 in each event with 2 events being run alternately.

F. Run-Am Games Selection: The USA's participation in the Run-Am Games is under review at the time. The FIG and the WTC recommended to the USOP that the US support the games and participate in some capacity rather than boycott.

IV. Evaluation of the New Judging System

A. Definition of Judging Categories

1. Originally—Originally based on new different, never before performed, new elements. It may be a new or unusual combination of known elements as well. All elements (A, B, C and D difficulty) should be evaluated for originality. The uniqueness of the entire routine may be considered for originality.

2. Variations: The criteria—performance, execution and amplitude of the entire routine when all difficulty is performed.

NOTE: All execution errors will be deducted according to level, medium and large errors, regardless of the difficulty of the skill performed.

B. Vaulting Regulations

1. New Vault

New vault

6-6 Yacobsen 15 feet

SOME PRACTICAL ASPECTS OF THEORETICAL BIOMECHANICS IN GYMNASTICS

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G

Member of the USGF
Biomechanical Task Force

One of the complaints often heard about biomechanics presentations is that they are too theoretical to be of much value to the working coach. On the other hand, it is from the theory the practical suggestions are generated. With this in mind, in this presentation we shall attempt to outline both the theory and its practical implications.

We want to look at gymnastics in the very simplest of terms. We shall do this in relation to men's gymnastics. While most of what we say, will also apply to

women's gymnastics, we are too ignorant in this area to make any firm statements.

Let's start with the question: Suppose I want to be the best gymnast in the world, what abilities or aptitudes do I need? I think I can identify five basic aptitudes needed in gymnastics. Before we get to them, however, let's look at what an aptitude is in general.

Aptitudes are genetically inherited. We can, however, develop our aptitudes. For example, suppose that both you and I were tested for accounting aptitude. The common test which is given for this aptitude is speed and accuracy in adding columns of figures. When we look at the test results you have a 31 and I have a 26.

The each of us (you and I) spend six weeks working on developing our speed and accuracy. Upon retesting you get a 51 and I get a 26. So, we see that not only are you better endowed with this aptitude but you benefited more from training in this area. It should be noted however that we both did improve.

We find the same thing in gymnastics. Those that have the most to start with benefit the most from training. This is not to say that those who are weak in a given area do not benefit from training—they certainly do. It does mean, however, that the training program used by a top gymnast may be very inappropriate for a gymnast with a different set of abilities.

Now let us look at each of the five aptitudes and their implications for a training program. The five aptitudes are: endurance, flexibility, strength, special awareness, and discipline. We want to examine each of those aptitudes and suggest some possible (or sample) training measures to develop them. We do not intend to suggest any "ideal" training program. Our intention is to illustrate these basic aptitude areas and to illustrate some types of training procedures that could be used in each area. We have developed a training program to meet (as best we know how) the needs of the young people on our team. You must develop a program which suits the needs of the young people you are working with and it will most certainly be different from ours.

Two examples will illustrate this. We have a strength training sequence for our team members on the mats that includes, a front lever, back lever, hollow back press, and a cross. This sequence will be most inappropriate for the youngster who is still struggling with the muscle up.

On the other hand, we have the young men on our team do a "leg punch" exercise in the weight room to develop their tumbling ability. It would be kind of silly and very likely counterproductive to have someone like Ron Galtmore waste his time doing this particular exercise.

ENDURANCE

Two types of endurance are needed in gymnastics—event endurance and moment endurance. The amount of endurance needed for a given event is (or at least at first sight appears to be) minimal, ranging from 5 seconds for vaulting to 60 seconds for floor. High bar & P-horse present a special problem because even though the typical routine is only 30 seconds long there are no stops for rest. If the gymnast is doing triple flipway dismount it can be a long 30 seconds.

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Biomechanics in Gymnastics (con't.)

Also the rules of our sport make endurance important. If a marathon runner collapses over the finish line fast he still wins—even if he is carried off on a stretcher. The gymnast, on the other hand must not only finish, he must look good as he finishes.

The other aspect of endurance in gymnastics is the endurance necessary to compete well in successive sessions of a major tournament. A top college gymnast could conceivably compete in each of six events on Thursday night, Friday night, Saturday afternoon, and Sunday night at the NCAA Nationals. Therefore, he would need the stamina to do 25 competition routines in three days—and still look good in the last event.

TRAINING FOR ENDURANCE

In ascending levels of effectiveness I would suggest the endurance can be improved by: 1. running, 2. endurance drills, and 3. successive routines.

Running is an alternative approach to building endurance because very little in the way of equipment, space, facilities, and coaching is necessary. Also running presents very little hazard. On the other hand while it is very helpful, running alone will not provide the gymnast with the endurance he needs to be a top performer.

An endurance drill is more effective than running but not as simple. In the drill we currently use we do the whole drill in the belt to repeat injuries. On the first week the gymnast does the last tumbling pass from the compulsory exercise. And the second week he does the last two tumbling passes without stopping. On the third week he does the last three. On the fourth week he does the last tumbling pass from his optional and the three compulsory passes. This continues until he is doing 7 or 8 successive passes without stopping. A great deal of stress (verbal encouragement) is put on not only completing the passes but doing each movement well. Thus the gymnast learns to perform well when he is tired. We also have a type of P-honic endurance drill.

While running and endurance drills are helpful, the only way to really develop the endurance necessary is to do routines, and do routines, and do routines, and do routines, etc. The gymnast must do many repetitions of each routine and he must do routines when he is tired.

This puts the coach on the horns of a dilemma. We all know that the gymnast is more likely to be injured when he is tired, but unless he works routines when he is tired he will never develop the endurance he needs to perform well. The hazard can be somewhat reduced by careful spotting and some elimination of, or substitution for, hazardous parts on successive routines. There is no way, however, to completely eliminate the fatigue hazard.

FLEXIBILITY

On some moves the need for flexibility is obvious. In others the flexibility requirements are not so obvious. For example, suppose I wanted to do a well executed split handstand on the parallel bars. I'll get out the films of Kurt Thomas and Bart Conners doing the move and study them carefully. Then I'll get someone to spot (put me through the motion) and in no time at all I'll be doing it pretty well—right?—no, wrong! There is no way I could do the movement because I do not have enough shoulder

flexibility. There are innumerable moves in gymnastics that can't be done (or can't be done right) without the proper flexibility. But what flexibility do we need? (Range of motion is specific.) I have classified flexibility of various joints into "the leg three", "the other three", and "one more."

The big three are: front bend, shoulder flexion (hyperflexion), and shoulder extension (hyperextension). These are important because the need comes up in a wide range of gymnast movements. One can hardly get on without them.

The other three are: regular split, wide split and dislocate flexibility. These are important but if you want to skip doing a number of specific moves you could get along fairly well without much range of motion in these areas.

There is one more: the gastrocnemius stretch. This isn't really needed anywhere but working on it helps to avoid some type of injuries.

Continued May-June Issue



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